



# Senior Guide

## Resources and Activities



COURTESY OF THE  
SOUTH PASADENA SENIOR CENTER  
(626) 403-7360

[WWW.SOUTHPASADENACA.GOV/SENIORCENTER](http://WWW.SOUTHPASADENACA.GOV/SENIORCENTER)



**To our South Pasadena Senior Center families and friends!**

**We miss you terribly!**

**We hope to be back soon and hopefully catch up on all the details we've been missing out on. In the mean time, we hope that this Activity and Resource Guide can provide some small joy during these trying times. If you feel that you need someone to talk to, please reach out to us at the Senior Center, as we have our Commissioners checking in on individuals from time to time. If you are having concerns about not having enough food at home, please reach out to us so we can help find resources or programs to assist you.**

**As always, we hope that you are staying safe and healthy during this time.**

**Respectfully,**

**Senior Center, Dial A Ride, and Community Services staff.**



# Resources & Helpful Information

- **South Pasadena Senior Center & Dial A Ride**

- The South Pasadena Senior Center and Dial A Ride staff are still providing services during this time. Services include: Home Delivered Meals, Social Reassurance calls, and essential transportation to either medical facilities, grocery stores, and local pharmacies. Hours of operation are Monday through Friday, 8:00am to 2:00pm
- **Senior Center: (626) 403-7360 | Dial A Ride: (626) 403-7368**

- **WDACS Critical Delivery Services**

- This is a temporary delivery program for older and dependent adults who are unable to leave their homes due to COVID-19. Individuals can receive up to four deliver or 40 miles worth of deliveries per month. Items can include groceries and vital necessities. View the information below to schedule a delivery.
- **WDACS Critical Delivery (888) 863-7411**

- **Friendship Line**

- The Friendship Line can connect with seniors on a regular basis, and help monitor their physical and health concerns. The friendship line is toll-free and provides round-the-clock support.
- **Friendship Line 1 (888) 670-1360**

- **This outbreak can be stressful!**

- Taking care of your self and learning to cope with stress can help alleviate the extra health burdens we are currently experiencing.
- **Make sure to check out our Stress Relievers page!**





# Resources & Helpful Information

## LA County Assistance

The following resources listed here are provided through LA County. Please feel free to review these resources or provide them to others as well.

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

- For individuals seeking food assistance, you may visit the Food Bank pantry locator at this website:  
<https://www.lafoodbank.org/find-food/pantry-locator/>



- For individuals seeking additional food, income, or Coronavirus assistance and resources, you can call 2-1-1 (available 24 hours) or visit their website:  
<https://www.211la.org/>



- If you have lost your job, or need assistance, please apply for **CalFresh** and other potential benefits. You may apply online or by calling 1 (866) 613-3777.  
Website: <http://dpss/lacounty.gov/wps/portal/dpss>



# Resources & Helpful Information

- **Senior Shopping Hours**

- Bristol Farms: 606 Fair Oaks Ave, South Pasadena, CA 91030  
Hours are 6am - 7am.
- Vons: 1129 Fair Oaks Ave, South Pasadena, CA 91030.  
Hours are 6am - 7am
- Pavilions: 1213 Fair Oaks Ave, South Pasadena, CA 91030.  
Hours are 6am - 7am
- Trader Joes: 613 Mission St S, South Pasadena, CA 91030.  
Hours are 8am – 9 am
- Rite Aid: 914 Fair Oaks Ave, South Pasadena, CA 91030  
Hours are 9am – 10am

- **Protect yourself against scams!**

- Join the upcoming live chat on May 27, 2020 at 1PM to increase your awareness and safety from scammers. See how below!

## COVID-19 Scams and Fraud

*A live chat to increase our awareness and safety*

**Wednesday, May 27, 1:00-1:30pm**

- How to identify scams
- Strategies to protect yourself
- How to report suspected scams
- Live question and answer session



**To join the call, dial phone #669-900-6833 and enter code 847 6961 3479**

PLEASE CONTACT MILES MCNEELEY FOR QUESTIONS:  
(310) 743-4142, [MMCNEELEY@WISEANDHEALTHYAGING.ORG](mailto:MMCNEELEY@WISEANDHEALTHYAGING.ORG)


WISE & Healthy Aging, a nonprofit social services organization, advances the dignity and quality of life of older adults through leadership, advocacy and high quality innovative services.



# Resources & Helpful Information

- **Dial A Ride Updated Protocols**

- Please review the following information below on what Dial A Ride passengers and Transit staff need to adhere to in order to do their part in keeping everyone safer.



City of  
**SOUTH  
PASADENA**

## Dial A Ride Protocols

- Dial-A-Ride passengers and drivers are required to wear face masks while inside vehicles.
- Face masks are available for passengers boarding without one.
- Dial-A-Ride is utilizing larger vehicles to transport passengers to adhere to the CDC's recommended 6 foot social distancing guidelines.
- Patrons who are not well should stay home and not use the service, until they are well.
- Dial-A-Ride is currently taking essential trips to medical facilities, grocery stores, financial institutions and, pharmacies.

- **Interested on learning about community informational posts during these times?**

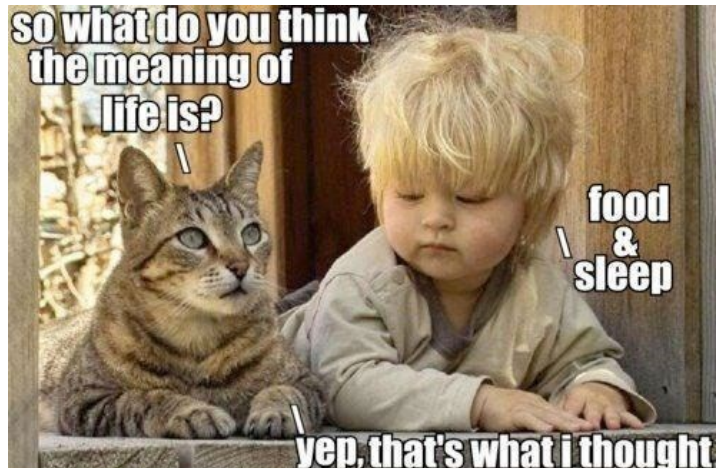
- Visit [CityHallScoop.com](http://CityHallScoop.com) for articles about South Pasadena. Interested in having an suggesting a topic for an article? You can email [CityHallScoop@southpasadenaca.gov](mailto:CityHallScoop@southpasadenaca.gov)



# Laughter is the best form of medicine!



Guys if anyone asks, we found him like this, OK



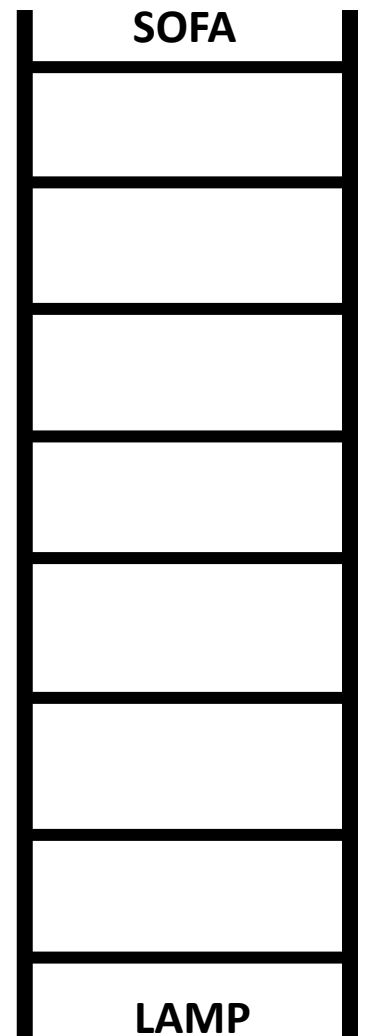
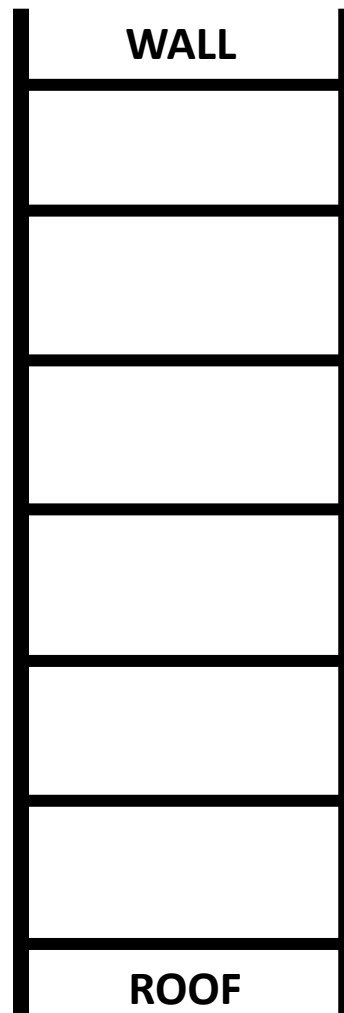
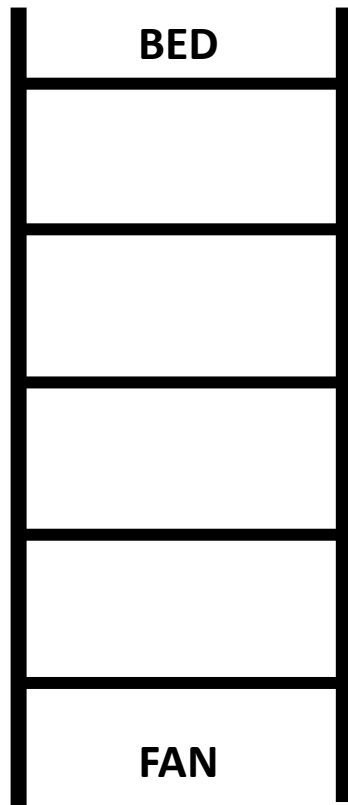
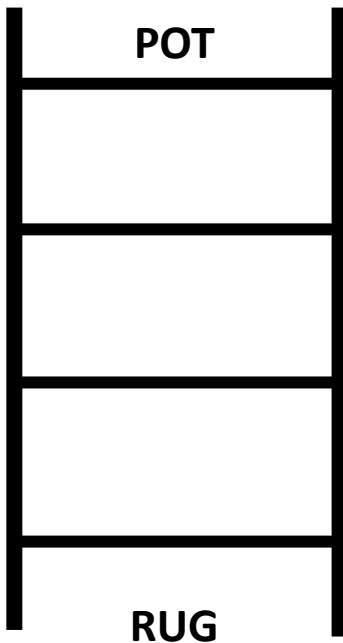
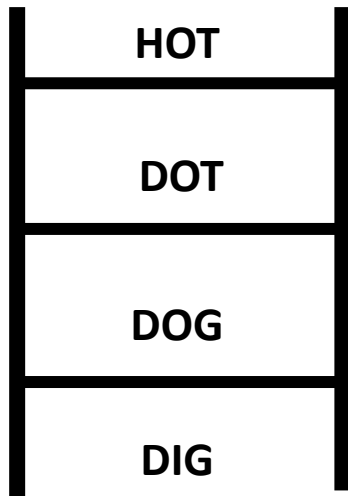
## The best from online during quarantine:

- “At my local Costco a man and a woman reached for the last Eggo waffles at the same time. Though he was there first by about 2 seconds, the woman insisted they should go to her & her children. I KID YOU NOT, the man, who had his 2 teens with him, replied, “Ma’am, leggo my Eggo.”
- “The best thing you can do during the Quarantine Period is to wake up every morning and go back to sleep”
- “People are always putting things off for ‘when they have the time’ either everyone is going to come out a better cook or something or you’re just LAZY”
- What’s the plan for today? Update the resume, clean out the closet, catch up on work, watch a few interesting videos. What’s really happening? I will eat this bowl of cereal and take a nap. No one can stop me now!

# Word Ladders: Around the House

To play this game, you need to find words that connect two words with only one letter change per step. You must connect the steps to the ladder, and if you connect the first one to the last word quicker, you really mastered the game!

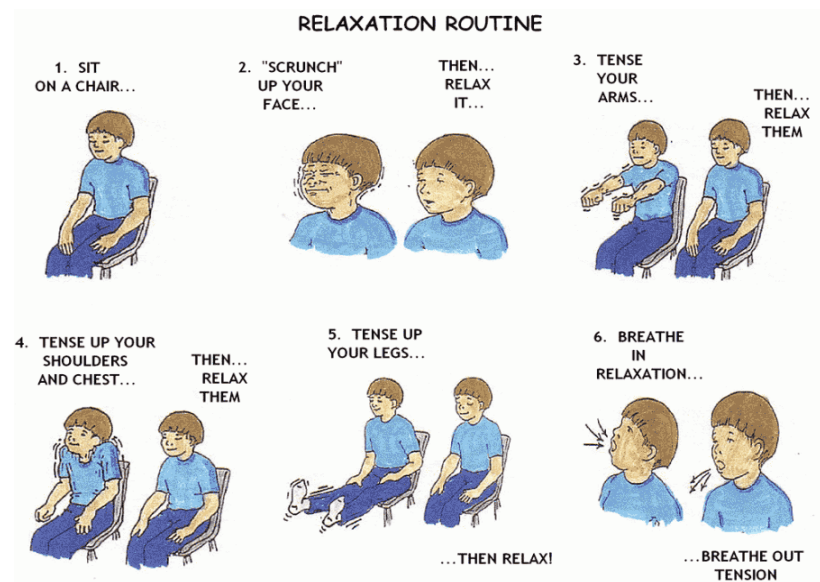
For Example:





# Stress Relievers

Check out some suggestions below for ways to decrease your stress while staying at



**Keep moving.** Aim to get your heart rate up for at least 30 minutes every day, as exercise is a known mood-booster. Find a physical activity you enjoy, whether it's walking, biking, swimming, or taking an exercise class with friends.

**Maintain strong social connections.** Friends and loved ones provide a shoulder to cry on during difficult times, and sometimes simply sharing your feelings with others helps ease some of the stress you're going through.

**Take a break from the norm.** Try something new! Enjoy a new dish or morning show, experiment with a new art activity, or take up an interesting hobby. Sometimes, simply switching up your daily routine can help with stress management.

**Laugh daily.** One of the easiest ways to manage stress? Enjoy a belly laugh! A good sense of humor can go a long way in reducing your stress levels.

**Listen to music.** Music can quickly change your mood regardless of what mood you're in. Feeling a bit blue? Try playing your favorite song and jamming out to it!

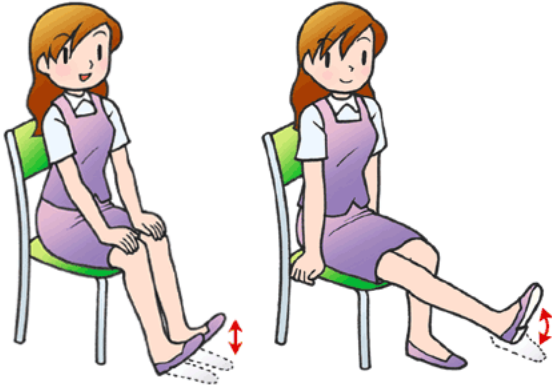
**Practice Progressive Muscle Relaxation.** Progressive Muscle Relaxation is a technique best used for when you want to literally feel some tension relief. The best way to describe it is like, constraining muscles to force a relaxation. Check out the graphic above for a small routine to practice!

**Practice Self-Care.** Self care is the process of improving your well being from doing actions that promote healthy functions. Self care can solely be you making your favorite dish, expressing your feelings, or even just mentally stimulating yourself with Sudoku. Take the time to learn about your body and feelings to better understand how to make stress easier to overcome!



# Work Outs from Home!

Remember to practice safety and never over-exhort yourself!



**Knee extensions/lifts:** Another great balance exercise is knee extensions, which can be done from a chair. Sit with good posture, keeping your back straight and your knees bent, then slowly extend your leg out in front of you. Hold for a few seconds and then lower back to the starting position. Repeat with each leg for 10 repetitions.



**Arm raises:** This exercise can be done from a standing or seated position and helps increase your upper body strength. Add some light weight or resistance bands for additional benefits. Stand or sit with your feet flat on the floor, holding weights at shoulder height with your palms facing forward, then lift the weights above your head. Try to complete two sets of ten repetitions.



IT'S ABOUT **DANCE**

**Love music?** Pick your tempo and just move to the beat! You may be a great dancer or have two left feet, but who will notice? The faster the tempo, the better the cardio benefit. Use your arms, your legs, bend, stretch, breathe deeply and have fun!

# Work Outs from Home!

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**Sit-to-stand:** Another exercise is sit-to-stand, which can be done with a chair. Sit with good posture, keeping your back straight and your knees bent, then slowly motion to stand up. Doing these motions can help strengthen the muscles in our legs to help us get up off the couch (or toilet!)



**Stretch From Bed:** This senior exercise can be done from a standing or seated position and helps increase your upper body strength. Add some light weight or resistance bands for additional benefits. Stand or sit with your feet flat on the floor, holding weights at shoulder height with your palms facing forward, then lift the weights above your head. Try to complete two sets of ten repetitions.



**Household Chores:** Pick up the mop, broom, or even laundry. Doing some light work around the house keeps you active by moving the muscles and keeping yourself busy while tidying away. Talk about a win-win situation!



# Coloring Pages!





